

Introversion, Leadership & the Energy Cost of Showing Up

Leading well when the room takes everything you've got.

A keynote with **Ruth Pearce, JD, PCC** — Keynote Speaker & Coach for the Legal Profession

THE PROBLEM

Many of the most thoughtful lawyers are introverts who lead brilliantly in the room — and pay for it long after everyone else has gone home. The profession treats visibility as free. It isn't. Without managing the energy cost of showing up, the people who lead best are often the ones who burn out first, mistaking depletion for personal failure.

WHAT YOU'LL LEAVE WITH

- Why introversion is about energy, not shyness — and why that matters for leaders
- How to show up fully without emptying the tank
- Designing visibility, travel, and speaking around recovery
- Leading authentically without performing extroversion

WHO IT'S FOR

Firm leaders & partners · women's initiatives · bar leadership · law schools

FORMATS

Keynote, 45–60 min · Workshop · Panel

WHY RUTH

A JD who burned out publicly and rebuilt, Ruth speaks from the chair, not above it — practical, evidence-informed, and unmistakably human.

JD

ICF PCC

PMP

2 Books

173,000+ Learners



Ruth on stage

Bring this talk to your firm, school, or bar association.

aleverlongenough.org · ruthpearce@allellc.org · **Book a time** →

A Lever Long Enough
RUTH S. PEARCE, JD